

Title: The Narcissist's Awakening

Characters:

Dr. Amoateng - Therapist

Sarah - Patient with Narcissistic Personality Disorder

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INT. THERAPIST'S OFFICE - DAY

DR. AMOATENG

So, Sarah, tell me what brings you here today.

SARAH

(smiling)

Well, doc, my partner seems to think I have a bit of a "narcissism problem." I don't see it, but I thought I'd come in and prove them wrong.

DR. AMOATENG

(looking up from the notepad)

It's great that you're open to discussing this. Let's start by talking about some of your recent interactions. Can you describe a situation where your partner felt your behavior was narcissistic?

SARAH

Well, I guess there was this one time at a party. I was talking to some people about my recent promotion, and my partner accused me of making the conversation all about me. I don't see the problem; I was just sharing my accomplishments.

DR. AMOATENG

(nodding)

I see. It's important to recognize and celebrate our achievements. However, it's also important to maintain a balance and consider how others might feel in the conversation. Did you ask the others about their lives or accomplishments?

SARAH

(confused)

Why would I do that? I mean, they probably don't have anything as interesting as my promotion to share.

DR. AMOATENG

That's an interesting perspective, Sarah. Part of building meaningful relationships is showing interest in others and engaging in reciprocal conversations. Let's try a role-playing exercise to practice this. Pretend I'm someone at the party, and ask me about my life.

Sarah hesitates, then reluctantly agrees.

SARAH

(sighs)

Alright, fine. So, Dr. A—Can I call you Dr. A?

DR. AMOATENG

Sure, Sarah. Whatever's more comfortable.

SARAH

Okay, Dr. A, what do you do for a living?

DR. AMOATENG

(smiling)

Thank you for asking, Sarah. I'm a therapist, and I enjoy helping people navigate their emotions and relationships. What about you? What do you like most about your job?

SARAH

I love the power and respect I have in my position. I'm really good at what I do, and people always look up to me.

DR. AMOATENG

(gently)

That's great, Sarah. Now, remember, the goal is to maintain a balanced conversation. Why don't you ask me a follow-up question about my work or interests?

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SARAH

(rolling eyes)

Fine. What got you interested in therapy, Dr. A?

DR. AMOATENG

Thank you for asking. I've always been passionate about understanding the human mind and how our emotions shape our lives. I find it fulfilling to support others on their journeys toward self-awareness and growth.

Sarah seems surprised by the genuine answer.

SARAH

Huh. That's... interesting. I never really thought about what other people are experiencing.

DR. AMOATENG

That's a good insight, Sarah. Developing empathy and understanding for others is an essential part of building strong relationships. Do you find it difficult to empathize with others? It might

be helpful to explore some techniques to improve your empathy and connection with others. Are you open to that, Sarah?

SARAH

(frowning)

I guess. It's not like I don't care about other people. I just think I deserve the attention I get.

DR. AMOATENG

(understanding)

It's okay to feel proud of your accomplishments, Sarah. The key is to balance that pride with genuine interest in others. Here's an exercise you can try: When you're in a conversation, make a conscious effort to ask the other person at least two questions about themselves. This can help you become more engaged and show that you value their perspective.

SARAH

(skeptical)

Fine, I'll give it a try. But I'm not promising anything.

DR. AMOATENG

That's all I ask, Sarah. Just being open to change and self-reflection is a significant step forward.

They continue talking about strategies for improving empathy and building stronger relationships.

INT. THERAPIST'S OFFICE - DAY - LATER

Sarah enters the office for a follow-up session, looking more relaxed and thoughtful than before.

DR. AMOATENG

Welcome back, Sarah. How have you been since our last session?

SARAH

(sincerely)

You know, I've been trying that "two questions" thing you suggested. It's been interesting, actually. People seem more eager to talk to me, and I've learned a lot about their lives.

DR. AMOATENG

(smiling)

That's wonderful to hear, Sarah. It sounds like you're making progress in building more meaningful connections. How does that feel for you?

SARAH

(softly)

It feels good, actually. I didn't realize how much I was missing out on by making everything about me.

DR. AMOATENG

I'm glad you're finding value in this process, Sarah. Remember, self-improvement is a journey, and it's okay to take small steps as you learn and grow.

As they continue discussing Sarah's progress, it becomes clear that Sarah is beginning to understand the importance of empathy and meaningful connections in her life.

FADE OUT.